



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01090, Milk, dry, whole, with added vitamin D

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	2.47	25	0.130	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	496	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	2075	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	26.32	22	0.175	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	26.71	30	0.250	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	6.08	20	0.092	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	38.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	38.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Minerals													
Calcium, Ca	mg	912	18	17.766	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.47	12	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	85	15	1.465	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	776	18	14.251	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	1330	15	41.231	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	371	7	15.131	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	16.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	8.6	11	0.454	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.283	18	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	1.205	23	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.646	22	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	2.271	20	0.086	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.302	41	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	119.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	03/2007
Vitamin B-12	µg	3.25	31	0.289	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	258	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	253	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	55	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	934	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.58	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	10.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	10.5	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin D	IU	420	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin K (phylloquinone)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Lipids													
Fatty acids, total saturated	g	16.742	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.866	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.240	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.269	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.596	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.614	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.820	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	7.522	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.853	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.924	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	1.196	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.192	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.665	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.460	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.204	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	97	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.592	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.578	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	1.762	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.953	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.714	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.908	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.997	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	5.512	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.549	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001